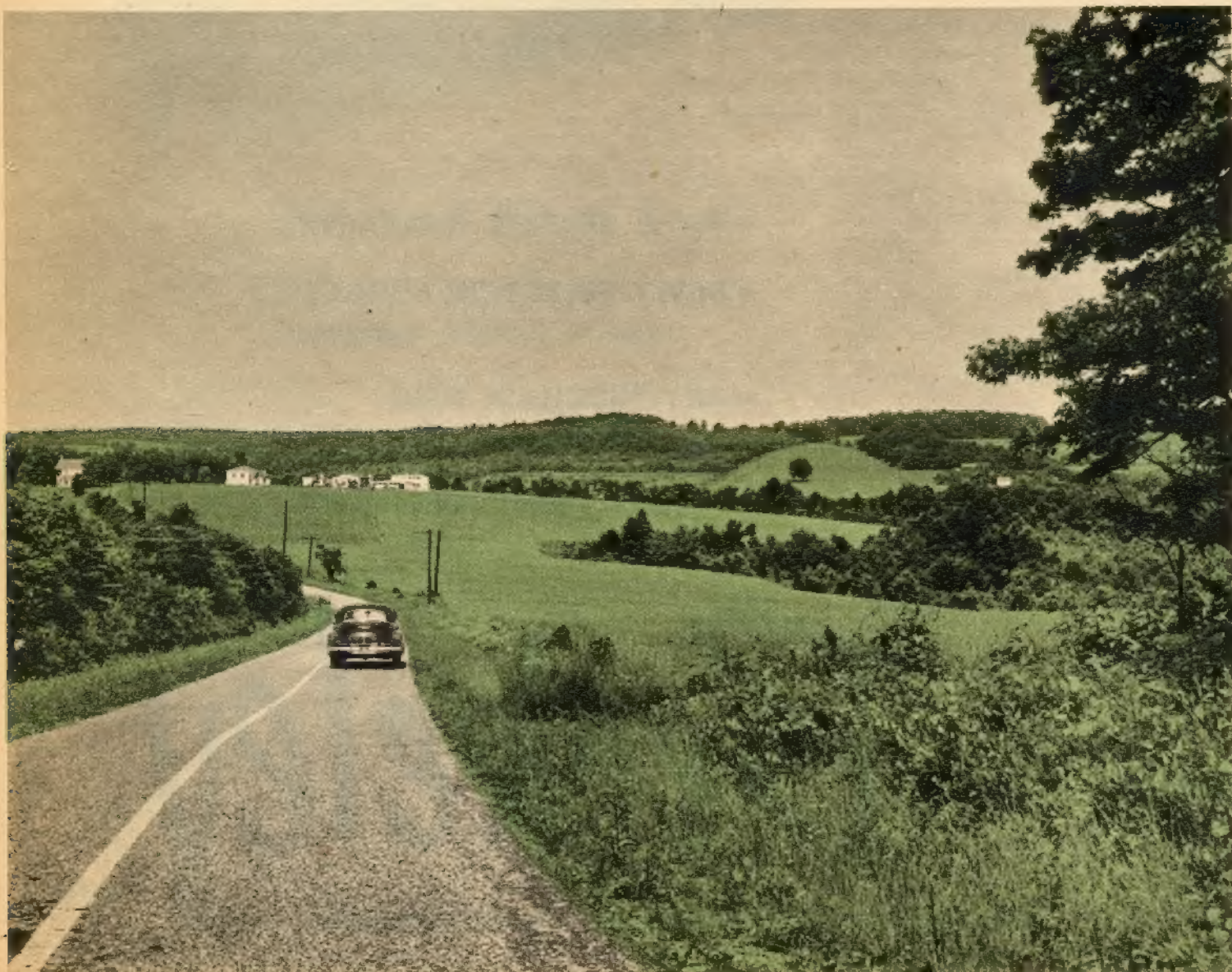


Let's
Explore—

HUNTERDON PLATEAU



Far-off views reward motorists along King's Highway where road slopes down from the plateau.

*Geological Development Provides
Scenic Delights on 40-Mile Tour*

BY JOHN T. CUNNINGHAM

RIDING westward from Flemington along Route 12 the motorist is struck by the flatness of the splendid farmlands. There is little sensation that the entire area—known to geologists as the Hunterdon Plateau—is more than 500 feet above sea level. The plateau is one of the state's most pleasing regions, since exceptional views are offered on its perimeter, where slopes drop sharply into surrounding valleys. Today's 40-mile tour is certain to impress on the motorist the plateau's scenic merits.

About 3½ miles west of Flemington's three traffic circles, look for a sign to "Croton Business Center" on the right. Turn to Croton and continue through to Quakertown. Once a main stop on a stage route to Easton, Quakertown is today a well-kept village whose old stone houses and its little stone Quaker meeting house never fail to delight the senses.

KEEP left in Quakertown to Pittstown, in the heart of an intensely farmed area. Turn right in Pittstown, continue past the main intersection, and take the road left at the old stone inn. This back road is through remarkably beautiful country over the old King's Highway. Often along its sides fields slope down from the plateau to give views for miles around.

Little York, with its leafy trees beside a bub-



Quakertown's main street. Double-porch home (right) was stopping point for stagecoaches on Easton route.

Midtown in Little York with weeping willows beside bubbling stream which flows along principal street.



Street scene in Milford, 19th Century river town, where road leads to bridge across Delaware River.

bling stream flowing through its center, is a charming spot. Turn left in the village, then right at the next intersection, where the sign points to Milford. Keep straight through to Spring Mills, then turn left down the river valley to Milford and Frenchtown.

The name of Colonel Thomas Lowrey is intimately tied up with both river towns. He settled first in what is now Frenchtown after service in the Revolution. When he sold his holdings in 1795 to Paul Henri Mallet-Prevost, a native of Switzerland who had fled French Revolutionists, Lowrey moved to the Milford area. What had been Alexandria became French Town (because people mistakenly thought Prevost to be French). Lowrey built extensive holdings four miles up the river and when his mills were burned the area became known as Burnt Mills, later as Lowreytown and eventually as Milford.

TODAY both Milford and Frenchtown have preserved the appearance of 19th Century river towns. Milford has an old former hotel (somewhat the worse for age) in its center and on the hills surrounding Frenchtown are noted chicken hatcheries. The way home from Frenchtown is by way of Baptistown and as the traveler rises up the steep hill he gets another vivid realization of the uniqueness of Hunterdon Plateau.



Frenchtown Bridge across the Delaware leads to Uhlerstown.

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COOKING SHERRY
pinch of salt
1/2 cup sugar
3 egg whites, stiffly beaten
chopped nuts

Mix pulp, Virginia Dare Cook-
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Beat sugar into egg whites.
Fold in fruit mixture and serve
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*Meringue made with one pack-
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Frosted Honeydew Melon

IN the Summertime, frost or anything that has the look of frost, is a welcome focal point for all eyes. We enjoy the frosty touch of white on our costumes. We look for the signs which tell us which restaurants and theaters are cooled, and we like to create the illusion of coolness in our homes with a bare, clean look to furnishings, and foods that appeal to wilted appetites because of their refreshing promise.

A frosted honeydew melon will make limp appetites pop up like daisies after a rain when you bring it to the table in all its chilly glory. It is a handsome sight, melon size,

and glistening white with cream cheese. Inside, a miracle to be revealed, is raspberry fruit gelatin, cool again, and a second pleasant surprise.

Frost a honeydew this very day for the most dramatic bit of menu refreshment you'll find anywhere.

FROSTED HONEYDEW MELON
1 medium size honeydew melon
Raspberry fruit gelatin
1 8-oz. package cream cheese
Milk
Leaf lettuce
French dressing

Peel the whole melon, cut a slice from one end and remove the seeds. Fill the cavity with water, pour it out and measure it. Stand the melon upside down to drain well. Prepare sufficient raspberry fruit gelatin to fill the cavity of the melon, using the amount of water poured from it as a guide to the amount needed. Fill the melon with the gelatin and place it in the refrigerator until the gelatin is firm.

Soften the cream cheese with a small amount of milk, whipping it until light and fluffy. Frost the entire outside of the melon with this whipped cream cheese. Place the frosted melon on a chop plate or platter and surround it with crisp lettuce leaves. Serve it sliced, with French dressing.

PEAK OF *Tomato* SEASON

BY MARGARET C. SHEPARD
Home Agent, Essex County Extension Service

TOMATOES on your table! This is the height of the season. Call it what you will—love apple, tomato or to-mahto—it's here in quantities right now for you to enjoy.

The tomato was introduced into the United States about 1800. For a long time, it was thought of mainly as an ornamental plant and some people thought it was poisonous. This was probably due to the fact that it is a member of the deadly nightshade plant family. Folks soon learned that the fruit of the tomato vine is a delightful food and today tomatoes, in value of production, are near the top of the list of vegetables grown in this country.

Canned tomatoes were introduced in trade about the middle of the last century. By the late 1880s, output of canned tomatoes had reached million-case proportions. In 1942 just plain canned stewed tomatoes—excluding pastes, sauce, juice and other tomato products—totaled about 41,000,000 cases.

Tomatoes are well known for their vitamin C content, but they carry other important nutrients: Vitamin A, B1 and B2. True, it is suggested that one drink twice as much tomato juice when you substitute it for the breakfast orange juice—to get the same amount of vitamin C, but still it's a vegetable that vies in food value with the citrus group.

One good-sized, vine-ripened tomato will give you about half your day's quota of vitamin C, as well as a generous amount of vitamin A. Eat them raw and fresh for the most part, but keep in mind that even when cooked or canned they offer a goodly share of these vitamins.

Peel and cut tomatoes quickly, just before you are ready to cook them or serve raw in salad. If you have to prepare them in advance of service, keep them covered in a very cold place. Many people have learned to eat them, skin and all, but if for

TOMATO MEAT SAUCE
2 1/4 cups fresh or canned tomatoes
1/2 garlic clove
1 bay leaf
1/2 pound ground beef
1/2 cup chopped onion
1/2 cup minced green pepper
2 tablespoons fat
2 tablespoons flour
1 teaspoon sugar if desired
1 teaspoon salt
Pepper to taste

Cook together tomatoes, garlic (minced), bay leaf, about 20 minutes for fresh tomatoes, 10 for canned. Press through a sieve. Brown beef, onion, green pepper in fat. Blend in flour. Add cooled, sieved tomatoes, sugar, salt and pepper. Cook over low heat, stirring constantly, until thickened. Serve hot on cooked spaghetti, noodles or rice.

some special occasion you must peel them, try any one of three methods. Stroke the skin with the back of a knife until loosened; dip in hot water about two minutes, then quickly into cold water; run tip of fork into stem end of tomato and rotate over a flame until the skin wrinkles slightly.

Green tomatoes (if you have a garden) can be brought indoors to avoid being frost-bitten. If they are almost ripe—about to turn color and often with a white spot around the blossom end—they will ripen at cool room temperature, about 55 degrees to 70 degrees F., in either sunlight or shade. Spread them in the cellar, or a shed or on the porch, if it is sheltered.

Interesting combinations for salad include: Diced tomatoes, cooked kidney beans, chopped celery, chopped pickle, minced onion, salt and pepper; alternate slices of tomato and cucumber, or tomato, avocado and grapefruit sections; diced tomatoes, diced cooked potatoes, chopped onion; thick slices of tomato atop cole slaw with several stalks of chilled cooked asparagus. Use the dressing you wish with these salads.

UNCOOKED RIPE TOMATO RELISH
2 quarts chopped, peeled tomatoes
1 cup chopped celery
3/4 cup chopped onion
1/2 cup chopped green pepper
2 teaspoons salt
3 tablespoons sugar
1 tablespoon mustard seed
1/4 teaspoon ground nutmeg
1/4 teaspoon ground cinnamon
1/4 teaspoon ground cloves
1 cup vinegar

Combine all ingredients and stir until well blended. Pour into clean jars and cover. Kept in refrigerator or other place as cold, relish will keep 2 to 3 weeks.

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